

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|---|
| 6:45-7:30 MS Tabata <i>Angie Lee</i> | 6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i> | 6:45-7:30 MS Stacked! <i>Angela Leigh</i> | 6:00-6:45 CS◆ Studio Cycling <i>Chayanne Joel</i> | 6:30-7:30 YS Hot Vinyasa Yoga <i>Kajuan Douglas</i> | 9:30-10:30 YS Hot Vinyasa Yoga <i>Daniela Vuckovic</i> | 9:30-10:30 YS Hot Vinyasa Yoga <i>Rebecca Robbins</i> |
| 7:00-7:45 CS◆ Studio Cycling <i>Arthur Tang</i> | 6:45-7:30 MS METCON3 <i>Kendall Janicola</i> | 7:00-7:45 CS◆ Studio Cycling <i>Erica Villaiba</i> | 6:45-7:35 TR◆ Precision Running@ <i>Robbie Darby</i> | 7:00-7:45 CS◆ Studio Cycling <i>Julie Tamir</i> | 10:30-11:15 MS Tabata <i>Muri Assunção</i> | 11:00-12:00 YS◆ Hot Vinyasa Yoga <i>Rebecca Robbins</i> |
| 7:00-8:00 YS Hot Athletic Yoga <i>Serena Tom</i> | 6:45-7:35 TR◆ Precision Running@ <i>Loi Jordan</i> | 7:00-8:00 YS Heated Pilates <i>Khaleah London</i> | 7:15-8:00 MS Tabata <i>Muri Assunção</i> | 7:15-8:00 MS Whipped! <i>Gerren Liles</i> | 11:00-12:00 YS◆ Hot Vinyasa Yoga <i>Daniela Vuckovic</i> | |
| 7:35-8:20 MS Tabata <i>Angie Lee</i> | 7:15-8:15 YS Vinyasa Yoga <i>Shanda Woods</i> | 7:35-8:20 MS Stacked! <i>Angela Leigh</i> | 7:15-8:15 YS Vinyasa Yoga <i>Lisa Anzelmo</i> | 7:45-8:45 YS Hot Athletic Yoga (L2) <i>Serena Tom</i> | 11:30-12:15 CS◆ Studio Cycling <i>Muri Assunção</i> | |
| 12:00-12:50 TR◆ Precision Running@ <i>Dominic Manfredi</i> | 7:35-8:20 MS METCON3 <i>Kendall Janicola</i> | 8:30-9:00 MS◆ Firestarter <i>Khaleah London</i> | 7:45-8:35 TR◆ Precision Running@ <i>Robbie Darby</i> | 8:30-9:20 TR◆ Precision Running@ <i>Arthur Tang</i> | | |
| 12:00-1:00 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i> | 7:45-8:35 TR◆ Precision Running@ <i>Loi Jordan</i> | 8:30-9:20 TR◆ Precision Running@ <i>Miriam Shestack</i> | 8:15-9:00 CS◆ Studio Cycling <i>Shane Blouin</i> | 12:15-1:00 MS METCON3 <i>Luis Weber</i> | | |
| 12:15-1:00 CS◆ Studio Cycling <i>Wil Ashley</i> | 8:15-9:00 CS◆ Studio Cycling <i>Melissa Morin</i> | 12:00-12:50 TR◆ Precision Running@ <i>Kevin St-Fort</i> | 12:00-1:00 YS Hot Vinyasa Yoga <i>Omri Kleinberger</i> | 12:30-1:15 CS◆ Studio Cycling <i>Nikki Bucks</i> | | |
| 12:15-1:00 MS Tabata <i>Lulu Faria</i> | 12:00-1:00 YS Power Yoga <i>Jen Guarnieri</i> | 12:00-1:00 YS Hot Vinyasa Yoga <i>Kajuan Douglas</i> | 12:15-1:00 MS Stacked! <i>Matt Ortel</i> | 1:00-1:50 TR◆ Precision Running@ <i>KT Goldthorpe</i> | | |
| 1:00-1:50 TR◆ Precision Running@ <i>Dominic Manfredi</i> | 12:15-1:00 MS Whipped! <i>Gregg Cook</i> | 12:15-1:00 MS Boot Camp <i>Gerren Liles</i> | 12:30-1:15 CS◆ Studio Cycling <i>Sabrina Cohen</i> | 1:00-2:00 YS Vinyasa Yoga <i>Victoria Slagter</i> | | |
| 1:05-1:50 MS Titan Method <i>Omar Sandoval</i> | 1:15-2:00 CS◆ TERRAcycle! <i>Gregg Cook</i> | 12:30-1:15 CS◆ Cyclesanity@ <i>Jillian Wright</i> | 1:15-2:00 MS EQX Barre Burn <i>Joan Ferraro</i> | 4:00-5:00 YS Vinyasa Yoga <i>Patricia Pinto</i> | | |
| 1:15-2:00 YS Heated Pilates <i>Jewel Elizabeth</i> | 1:15-2:00 MS EQX Barre Burn <i>Cindya Davis</i> | 1:00-1:50 TR◆ Precision Running@ <i>Kevin St-Fort</i> | 1:15-2:00 YS Heated Pilates <i>Jewel Elizabeth</i> | | | |
| 2:30-3:30 YS Hot Vinyasa Yoga <i>Lisa Bermudez</i> | 1:15-2:15 YS Restorative Flow Yoga <i>Patricia Pinto</i> | 1:05-1:50 MS Best Butt Ever <i>Tracy Gordon</i> | 3:00-4:00 YS Hot Power Yoga <i>Lindsay Carson</i> | 5:30-6:15 MS Athletic Conditioning <i>Tracy Gordon</i> | | |
| 4:00-5:00 YS Hot Vinyasa Yoga <i>Lisa Bermudez</i> | 4:15-5:15 YS Vinyasa Yoga <i>Shanda Woods</i> | 1:15-2:15 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i> | 4:15-5:15 YS Hot Power Yoga <i>Lindsay Carson</i> | 5:30-6:15 YS Pilates <i>Erin Ginn</i> | | |
| 5:00-5:30 MS 30/60/90@ Core <i>Anthony Cunanan</i> | 5:30-6:15 CS◆ Studio Cycling <i>Julie Tamir</i> | 1:05-1:50 MS Hot Vinyasa Yoga (L2) <i>Serena Tom</i> | 5:30-6:15 MS METCON3 <i>Lulu Faria</i> | 5:45-6:30 CS◆ Studio Cycling <i>Lindsay Carson</i> | | |
| 5:30-6:15 MS 30/60/90@ <i>Anthony Cunanan</i> | 5:30-6:15 MS Tabata <i>Mario Godiva</i> | 4:00-5:00 YS Hot Vinyasa Yoga <i>Jena Maenius</i> | 5:45-6:30 CS◆ Studio Cycling <i>LR Davidson</i> | 6:30-7:00 MS Core Conditioning <i>Tracy Gordon</i> | | |
| 5:30-6:30 YS◆ Hot Vinyasa Yoga <i>Lisa Anzelmo</i> | 5:45-6:30 YS Pilates <i>Erin Ginn</i> | 5:30-6:15 CS◆ Studio Cycling <i>Flaminia Fanale</i> | 6:00-7:00 YS◆ Hot Vinyasa Yoga <i>Lisa Anzelmo</i> | 6:30-7:30 YS Slow Flow Yoga <i>Jessica Willis</i> | | |
| 6:15-7:00 CS◆ Studio Cycling <i>Flaminia Fanale</i> | 6:30-7:15 MS EQX Barre Burn <i>Lynze Schiller</i> | 5:30-6:20 MS Titan Method Phantom <i>Omar Sandoval</i> | 6:30-7:00 MS◆ Firestarter <i>Lynze Schiller</i> | | | |
| 6:30-7:15 MS METCON3 <i>Kendall Janicola</i> | 6:45-7:30 CS◆ WERK AND RIDE™ <i>Mario Godiva</i> | 5:45-6:45 YS◆ Hot Vinyasa Yoga <i>Jena Maenius</i> | 7:00-7:15 MS Ab Lab <i>Lynze Schiller</i> | | | |
| 7:15-8:30 YS◆ Vinyasa Yoga <i>Benn Rasmussen</i> | 6:45-7:45 YS◆ Vinyasa Yoga <i>Jill Green</i> | 6:30-7:20 MS◆ Titan Method <i>Omar Sandoval</i> | 7:20-8:05 MS EQX Barre Burn <i>Genieve Gordon</i> | | | |
| 7:30-8:15 CS◆ Studio Cycling <i>Monika Janeczek</i> | 7:30-8:15 MS Boot Camp <i>Will Jackson</i> | 6:45-7:30 CS◆ Studio Cycling <i>CJ Lee</i> | 7:30-8:30 YS Hot Vinyasa Yoga <i>Erin Barry</i> | | | |
| 7:30-8:15 MS Tabata <i>Muri Assunção</i> | 8:00-9:00 YS Vinyasa Yoga (L3) <i>Kristina Erikson</i> | 7:15-8:15 YS Hot Vinyasa Yoga <i>Eli Walker</i> | | | | |
| | | 7:30-8:20 MS Powerstrike! <i>Omar Sandoval</i> | | | | |

BRYANT PARK

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MON - THU: 5:30 AM - 10:00 PM

FRI: 5:30 AM - 9:00 PM

SAT: 9:00 AM - 2:00 PM

SUN: 9:00 AM - 2:00 PM

GROUP FITNESS MANAGER

DOMINIC MANFREDI
dominic.manfredi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

| | |
|----|--------------|
| L1 | Beginner |
| L2 | Intermediate |
| L3 | Advanced |

STUDIO KEY

| | |
|----|----------------|
| MS | Main Studio |
| CS | Cycling Studio |
| YS | Yoga Studio |
| TR | Treadmill Area |

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

CYCLESANITY® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

WERK AND RIDE™ Created by Mario Godiva, WERK & RIDE™ is a high energy, heart pounding, & leg burning cycling experience. Musically driven & fast paced, you'll climb, sweat, & WERK your fitness level higher to intoxicating top 40 dance remixes leaving you exhilarated, challenged, & transfigured.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

HOT ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined.

The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

TITAN METHOD PHANTOM Developed by Omar Sandoval, The Titan Method Phantom incorporates the TM training philosophy of five-minute training rounds, but is done completely with bodyweight. Titan Method Phantom drills are guaranteed to develop your muscular strength, endurance and cardio fitness!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

CONDITIONING

30/60/90® **CORE** Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

PILATES

HEATED PILATES An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

BOXING & MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.